

NOTE:  
Please read all instructions  
carefully before using this  
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model  
IGS-05

Retain This  
Manual for  
Reference

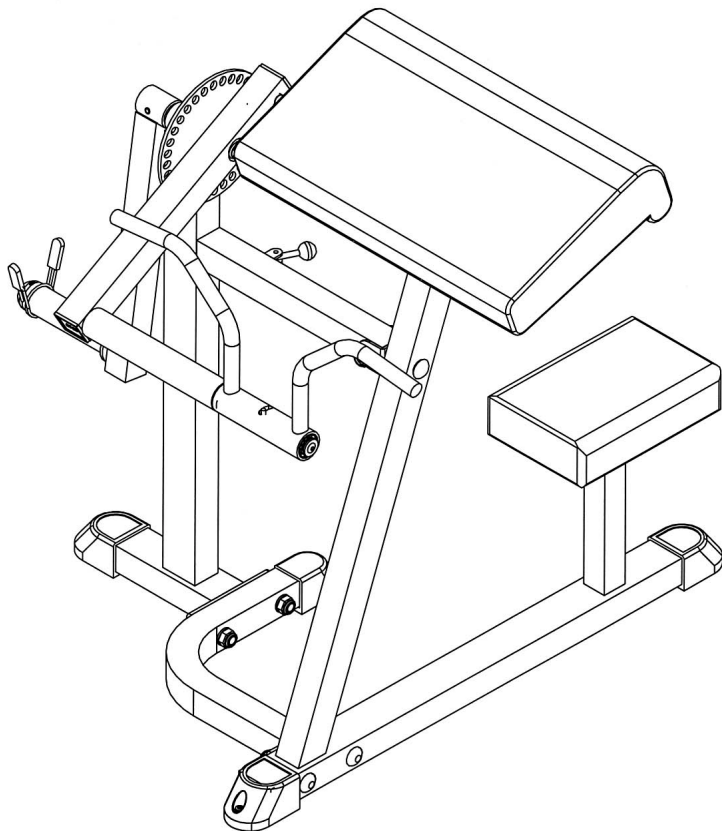
02-27-02

OWNER'S  
MANUAL

# IRON GRIP

**SPORT™**

## IGS-05 BICEP/TRICEP BENCH



### IMPEX FITNESS PRODUCTS

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

Tel: (800) 999-8899 Fax: (626) 961-9966

[www.impex-fitness.com](http://www.impex-fitness.com)

[info@impex-fitness.com](mailto:info@impex-fitness.com)

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## BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP SPORT IGS-05 Bicep/Tricep Bench by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

**Toll-Free Customer Service Number**

**1-800-999-8899**

**Mon. - Fri. 9 a.m. - 5 p.m. PST**

**[www.impex-fitness.com](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

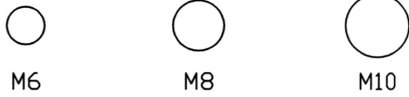
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

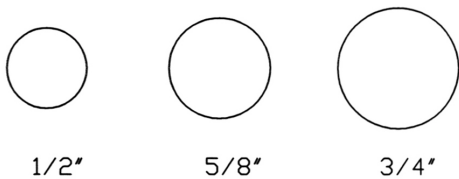
# HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

## MILLIMETERS



## INCHES



## REPLACEMENT PARTS

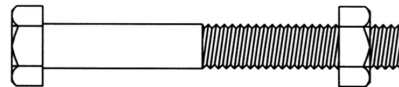
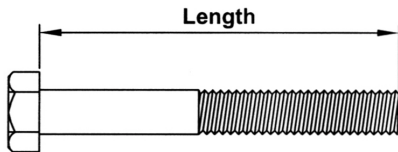
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

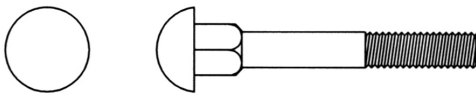


**1-800-999-8899**

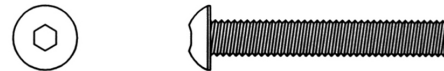
**NOTE:** When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



## HEX HEAD BOLT



## CARRIAGE BOLT



## ALLEN BOLT



## AIRCRAFT NUT



## FLAT WASHER

# ASSEMBLY INSTRUCTION

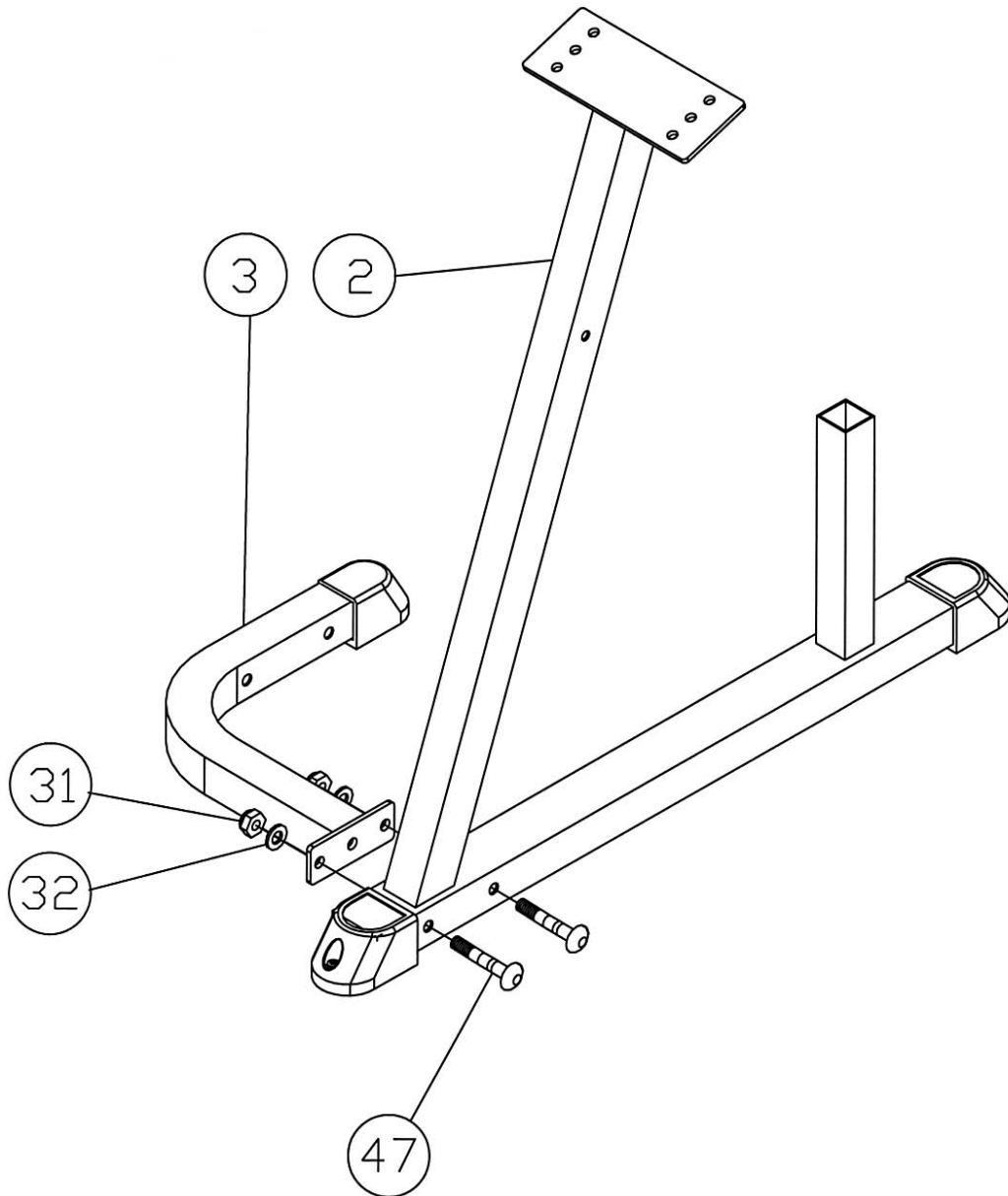
**Tools Required Assembling the Machine: Adjustable Wrench, Allen Wrench and Hammer**

**NOTE: It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.**

## **STEP 1 (See Diagram 1)**

A.) Attach the Stabilizer Frame (#3) to the Main Frame (#2). Secure it with two M10 x 3 1/2" Carriage Bolts (#47),  $\varnothing$  3/4" Washers (#32) and M10 Aircraft Nuts (#31).

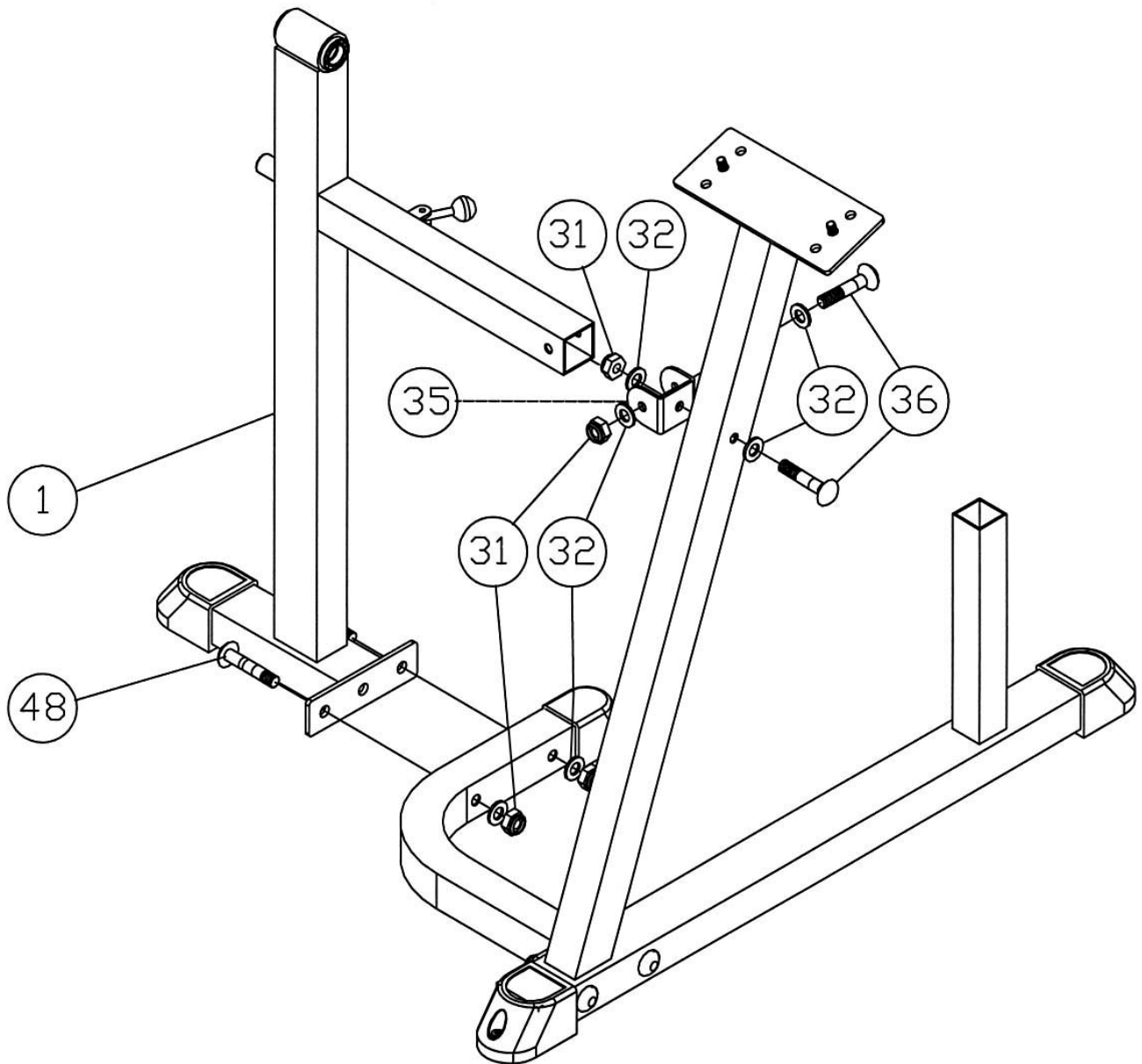
**DIAGRAM 1**



**STEP 2 (See Diagram 2)**

- A.) Attach a U-Shaped Bracket (#35) to the Main Frame (#2). Secure it with a M10 x 2 3/4" Allen Bolt (#36), two Ø3/4" Washers (#32), and one M10 Aircraft Nut (#31).
- B.) Attach the bottom of the Support Frame (#1) to the Stabilizer Frame (#3). Secure it with two M10 x 2 3/4" Carriage Bolts (#48), Ø 3/4" Washers (#32), and M10 Aircraft Nuts (#31).
- C.) Attach the upper portion of the Support Frame (#1) to the U-Shaped Bracket on the Main Frame (#2). Secure it with a M10 x 2 3/4" Allen Bolt (#36), two Ø 3/4" Washers (#32), and one M10 Aircraft Nut (#31).

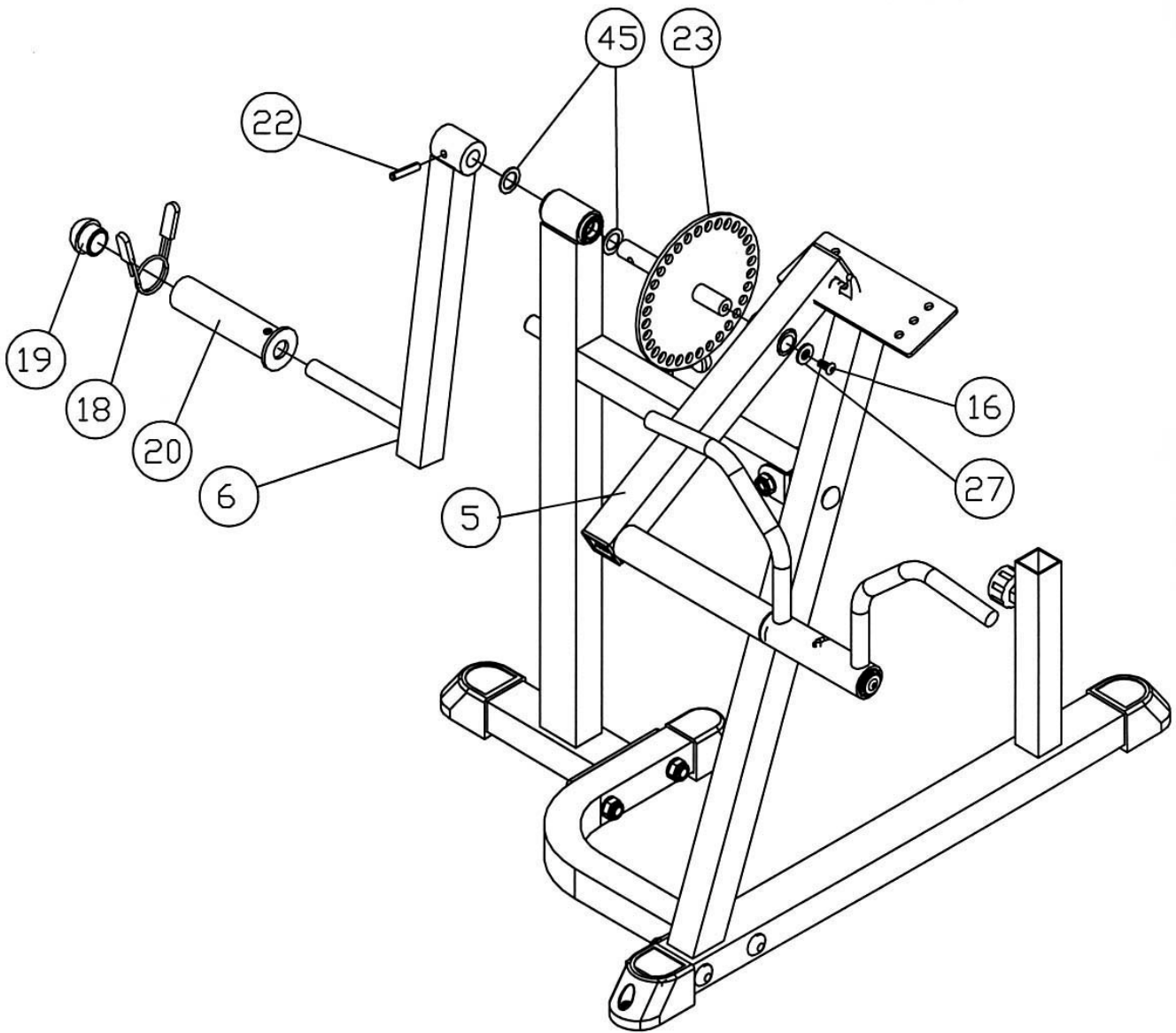
**DIAGRAM 2**



### STEP 3 (See Diagram 3)

- A.) Slide one  $\text{Ø}1\frac{1}{2}$ " Plastic Spacer (#45) onto the pivot axle on the Adjustment Plate (#23). Insert the axle through the barrel on the Support Frame (#2). Slide another Spacer (#45) onto the axle.
- B.) Attach the Weight Holder (#6) onto the axle. Align the holes and insert a Roll Pin (#22) into the hole. Drive the Pin into the hole with a hammer.
- C.) Attach the Swing Frame (#5) onto the axle on the Adjustment Plate (#23) from the other side. Secure it with one M10 x  $\frac{3}{4}$ " Allen Bolt (#16) and  $\text{Ø}1\frac{3}{8}$ " Washer (#27).
- D.) Attach the Olympic Sleeve (#20) onto the Weight Holder (#6). Clip the Spring Clip (#18) onto the Olympic Sleeve. Plug the Olympic Sleeve End Cap (#19) into the end of Olympic Sleeve.

### DIAGRAM 3

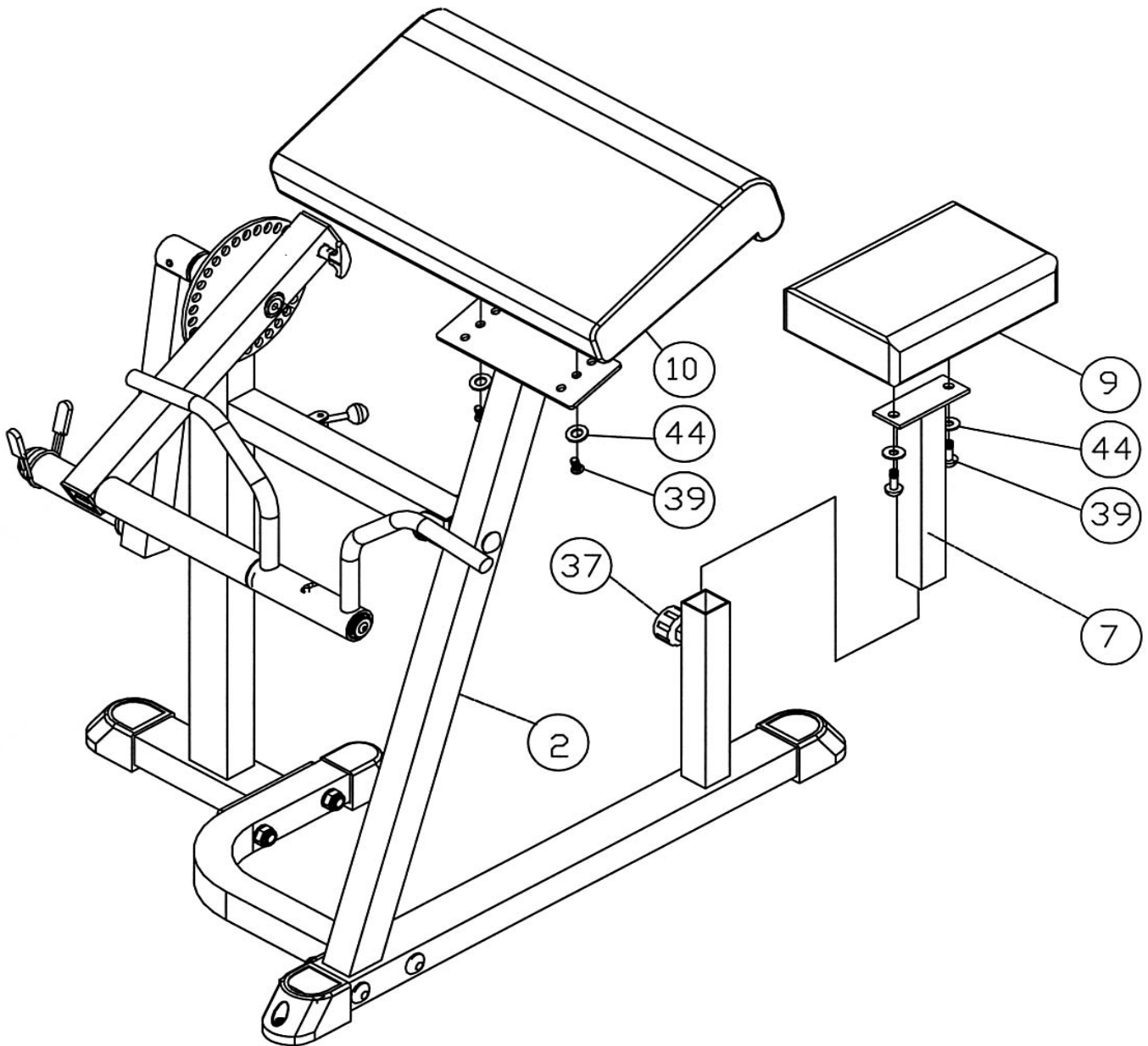




#### STEP 4 (See Diagram 4)

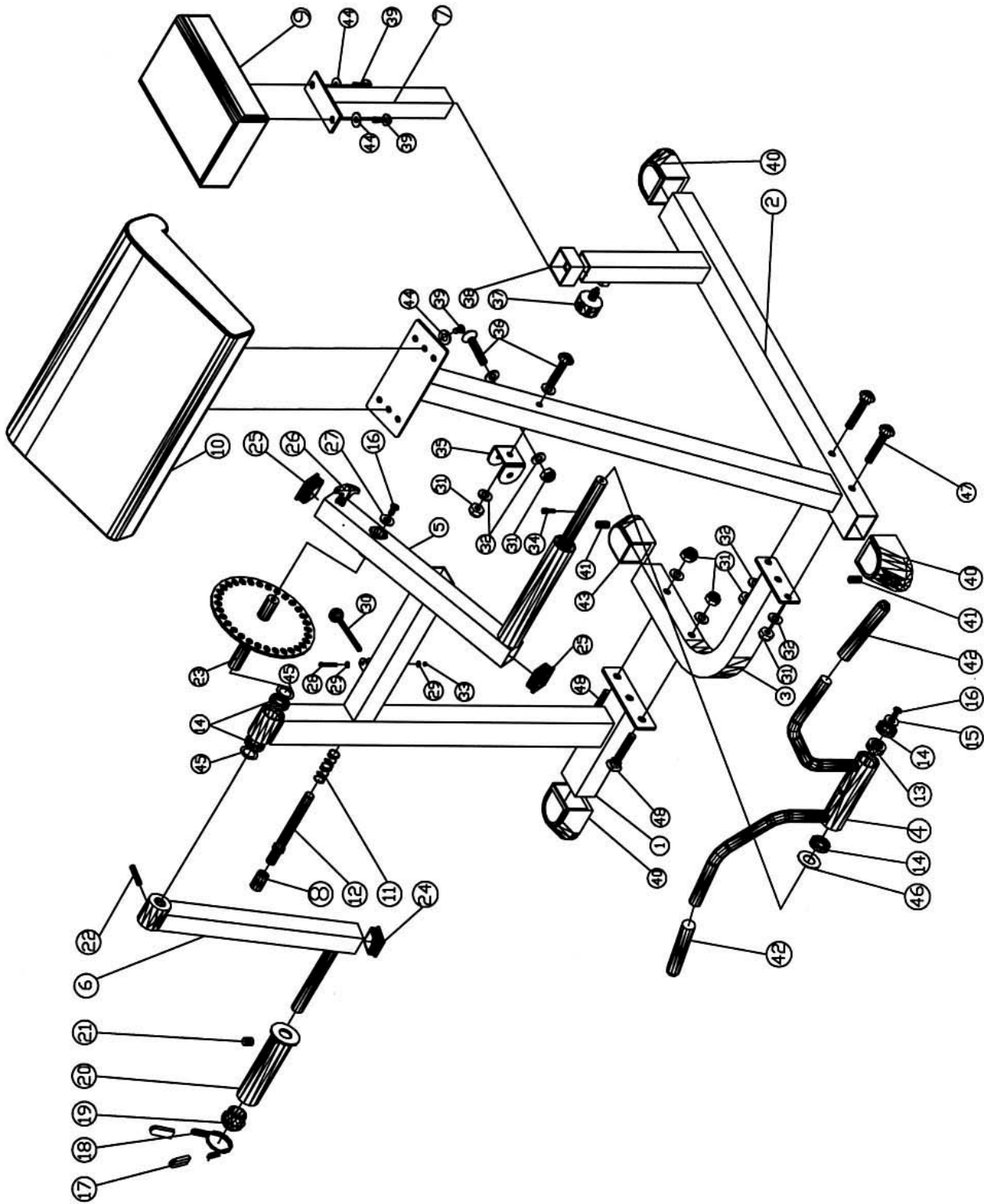
- A.) Attach the Seat Pad (#9) to the Seat Adjustment Frame (#7). Secure it with two M8 x 1 3/8" Allen Bolts (#39) and  $\varnothing$  5/8" Washers (#44).
- B.) Insert the Seat Adjustment Frame into the opening on the Main Frame. Insert the Lock Knob (#37) to secure the Seat.
- C.) Attach the Arm Pad (#10) to the Main Frame (#2). Secure it with two M8 x 1 3/8" Allen Bolts (#39) and  $\varnothing$  5/8" Washers (#44). Please note there are three sets of holes to select from.

**DIAGRAM 4**





# EXPLODED DIAGRAM



## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Support Frame	1
2	Main Frame	1
3	Stabilizer Frame	1
4	Handle	1
5	Swing Frame	1
6	Weight Holder	1
7	Seat Adjustment Frame	1
8	Rubber Bumper	1
9	Seat Pad	1
10	Arm Pad	1
11	Spring	1
12	Selector	1
13	Bushing	1
14	Bearing	4
15	Ø 2 1/8" Washer	1
16	M10 x 3/4" Allen Bolt	2
17	Spring Clip Sleeve	2
18	Spring Clip	1
19	Olympic Sleeve End Cap	1
20	Olympic Sleeve	1
21	M8 Screw	1
22	Roll Pin	1
23	Adjustment Plate	1
24	1 3/4" End Cap	1
25	2" End Cap	2
26	T-shaped Pull Pin	1
27	Ø 1 3/8" Washer	1
28	M6 x 1 1/2" Philip Screw	1
29	Ø 1/2" Washer	2
30	Lever Knob	1
31	M10 Aircraft Nut	6
32	Ø 3/4" Washer	8
33	M6 Aircraft Nut	1
34	M6 Allen Bolt	1
35	U-shaped Bracket	1
36	M10 x 2 3/4" Allen Bolt	2
37	Lock Knob	1
38	Sleeve	1
39	M8 x 1 3/8" Allen Bolt	4
40	2" x 2 3/4" Horse Shoe End Cap	3
41	M10 x 1" Round Allen Bolt	4
42	Handle Grip	2
43	2" x 2" Horse Shoe End Cap	1
44	Ø 5/8" Washer	4
45	Ø 1 1/2" Plastic Spacer	2
46	Ø 2" Washer	1
47	M10 x 3 1/2" Carriage Bolt	2
48	M10 x 2 3/4" Carriage Bolt	2

# ***IRON GRIP SPORT***

## ***By IMPEX FITNESS PRODUCTS***

### **LIMITED LIFE TIME WARRANTY**

IMPEX FITNESS PRODUCTS ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of LIFE TIME on the Frame and Weld, 3 YEARS on parts, and 6 MONTHS on upholstery from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for heavy commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. **Register on-line at [www.impex-fitness.com](http://www.impex-fitness.com)**

**IMPEX INC.**  
**14777 Don Julian**  
**City of Industry, CA 91746**

#### **ORDERING REPLACEMENT PARTS**

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase